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AUTHOR	Peterson, James A., Ed; Tharrett, Stephen J., Ed.
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ABSTRACT

The American College of Sports Medicine (ACSM) sets the industry standard for certifying professionals involved in health and fitness and their clinical applications. This 5-part publication provides a revised edition of six standards representing the industry's consensus on design and operation of a safe and high-quality health/fitness facility. Part 1 presents a list of the standards for health/fitness facilities and an overview and discussion of those standards. Part 2 sets guidelines concerning the physical plant safety, signage, organizational structure and staffing, user screening, and emergency/safety procedures. Parts 3 through 5 chronicle guidelines governing programming, staffing, safety, and facilities and equipment in programmed activity areas (fitness testing, exercise rooms, sports court areas, etc.); nonactivity areas (laundry and locker rooms, and external grounds); and specialty areas (youth supervision and spa areas). Appendices include supplements and forms, standards guidelines for climbing walls, the Americans with Disabilities Act as it applies to health/fitness areas, a list of related trade and professional organizations, and information about the ACSM. (Contains 95 references.) (GR)

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